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DEPARTMENT OF PHARMACY

# Patient 'InPharmation'

## Issuing in our Inaugural Pharmacy Newsletter

A HAPPY  
NEW YEAR

## "Patient InPharmation"

The Department of Pharmacy wishes every one of our friends a Happy New Year! As one of our New Year pledges in executing our new Department mission and vision statements, the Administrative and Outpatient Pharmacy Sections within the Department are committed to providing a timely, periodic, newsletter for our beneficiaries. Here's our first edition. Tell us what you think!

## Our Mission and Vision Statements

### Our Mission

Our mission is to provide accessible, high-quality pharmaceutical care, services, education and training, and leadership in support of the readiness and managed care missions of Womack Army Medical Center.



### Our Vision

Our vision is to serve as the Army Pharmacy of Excellence and choice of our beneficiaries as a result of their recognition and value of our continuous effort to improve our:

- Delivery of quality pharmaceutical care;
- Commitment to customer service;
- Design and management of a fail-safe medication use system; and
- Provision of evidenced-based drug therapy education and training.

## TRICARE Mail Order Pharmacy

While we desire to be your pharmacy of choice, TRICARE beneficiaries may also use one of 50,000 plus retail network pharmacies or the one TRICARE mail order pharmacy (TMOP). A recent survey of TMOP users revealed that 97 percent of users were satisfied with the TMOP's service.

Using the TMOP provides beneficiaries an opportunity to save up to 66 percent of the cost of using retail pharmacies, receive up to a 90-day supply of most medications for the

same amount they would pay for a 30-day supply at a retail pharmacy, and have the medications mailed directly to their home address. Beneficiaries continue to receive their medications at no cost when they receive their prescriptions at a military treatment pharmacy.

Beneficiaries may enroll in the TMOP by mail or on-line. For more information, call 1-8666-363-8667 or visit [www.tricare.osd.mil/pharmacy/tmop.cfm](http://www.tricare.osd.mil/pharmacy/tmop.cfm).

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### Did you know?

- That during the recently completed fiscal year, we dispensed over 1.4 million prescriptions?
- That the value of those medications was greater than \$45 million dollars?

## Speak Up!

### Steps You Can Take to Prevent Medication Errors

Inadvertent medication mistakes happen every day, but the vast majority can be prevented. You play an important role in this prevention. The following are basic steps you can do to help prevent a medication mistake from happening to you or your loved one.

- Share your list of current prescription or over-the-counter medications, vitamins, and herbs and supplements with your physician at every medical appointment.
- Whenever you receive a new medication, ensure your provider knows about your allergies or past negative experiences with any medication.
- If you are consuming a lot of medications, ask your doctor if it is safe to take those medications together.
- Should you receive a handwritten prescription, determine if you can read it. Do not assume that others will.
- Read the label on the medication when you receive it. Make

sure it has your name and the correct medication name. Some medicines have similar names that can be confused with one another.

- Take your medication as it is prescribed and do not stop taking it without asking your doctor.
- Whenever you are in doubt about a medication, ask your doctor or pharmacist for clarification; ask for written information.
- Question anything that you do not understand or that does not seem right (e.g., unexpected changes such as medications that look different, etc.).

So speak up! We value your opinion. Your safety is our concern.



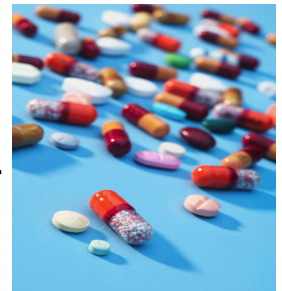
### Do We Have Your Medication?

There are several methods that you can use to determine if we carry your medication. The first method is checking on-line at <https://www1.wamc.amedd.army.mil/ClinicalSupport/Pharmacy/formulary.htm.htm> (or go to <https://www1.wamc.amedd.army.mil/>, then go to Clinical Support and select Pharmacy, and finally WAMC Formulary from the tabs on the left).

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The second is asking our staff, either when you arrive in our waiting areas, or by phone when you call. Our phone number is (910) 907-7427.

Lastly, ask us for a printed copy of our formulary and please share it with your civilian provider. We update it no less than semi-annually (Jan and Jul).



### One Shot, One Pill!

### Smartly Engaging the Influenza and Pneumonia Bugs

It is not too late to receive your influenza or pneumococcal vaccine! These vaccines can protect you from getting the flu or pneumonia, thereby preventing illness or more severe complications.

The flu vaccine can protect you from getting the flu about two weeks after receiving the vaccine. Individuals who are 6 months or older and at risk for getting a serious case of influenza and people in close contact with these individuals should get the vaccine.

Anyone however, can get influenza. Most people become ill for just a few days (e.g., fever, sore throat, chills, head and muscle aches, etc.), but some get much sicker and may need to be hospitalized. Influenza is also responsible for thousands of deaths each year, primarily among the elderly.

The 'flu' vaccine should not be administered to persons known to

have a reaction to eggs or other components of the vaccine, or individuals who have a history of Guillain-Barre Syndrome without first consulting a physician.

Pneumococcal disease, including pneumonia, bacteremia, and bacterial meningitis, is a serious health threat to Americans. Each year, it causes approximately 40,000 deaths (6th leading cause) and 100,000 to 135,000 hospitalizations. US Public Health Service data suggests that nearly half of those deaths could be prevented if people 65 years and older and others in high-risk groups (e.g., diabetic, heart, lung, or sickle cell disease, etc.) were given the pneumococcal vaccine. The pneumococcal vaccine generally needs only to be given once with protection lasting a lifetime, unless the individual first received the vaccine when he was less than 65 years of age and 5 years of elapsed since that vaccination date.

